



Welcome to our Inaugural Issue!



NAVAL STATION NORFOLK • NAS OCEANA • NAB LITTLE CREEK • DAM NECK • NNSY • CHEATHAM ANNEX • YORKTOWN • HUNTINGTON HALL • NORTHWEST

# DISCOVER MWR!

NAVAL STATION NORFOLK • NAS OCEANA • NAB LITTLE CREEK • DAM NECK • NNSY • CHEATHAM ANNEX • YORKTOWN • HUNTINGTON HALL • NORTHWEST

MID-ATLANTIC REGION MORALE, WELFARE & RECREATION MAGAZINE

OCTOBER 2001

Vol. 1, No. 1

## YOUR REGIONAL GUIDE FOR:

LIBERTY & SINGLE SAILOR PROGRAMS

SPORTS & FITNESS

REC CENTERS

YOUTH & CDC

GOLF COURSES

BOWLING CENTERS

HOBBY SHOPS

MARINAS & AQUATICS

TRAVEL

OUTDOOR RECREATION

SPECIAL EVENTS



MAC SW/AW Al Navarro  
Checks out the Harleys  
during the Lee Ann Womack  
Concert at Little Creek



A CELEBRATION SO BIG, IT WON'T FIT IN ONE WEEK

OCTOBER 12-20, 2001

SEE CENTERFOLD FOR DETAILS.





## Message from Support Services Program Manager



Welcome to the first edition of "Discover MWR," the new Mid-Atlantic Region magazine for MWR activities and programs. The purpose of the magazine is to provide a view of what MWR has to offer at all the bases in the region.

Some of the sections you will see each month include: Sports and Fitness, Single Sailor Programs, Youth and Child Development Centers, Golf and Bowling, Auto Hobby, Food and Beverage, Outdoor Recreation, ticket offices (ITT), and a listing of MWR facilities with phone numbers and hours of operation.

I believe this magazine will become one of the most useful tools available to help you plan where and how you and your family

would like to spend your free time. As you review all the recreational opportunities available, I think you will agree that your MWR program really gives a wide-ranging variety from which to choose.

Also, please consider this magazine as your regional informational guide. Let us know if it is serving your needs; or what we could change or add that would help you and your family better avail yourselves of what your MWR has to offer.

G.E. Slaven, Jr.  
Captain

### Installation Commanding Officers

Capt. G.E. Slaven, Jr.  
Naval Support Activity

Capt. J.F. Bouchard  
Naval Station Norfolk

Capt. J.L. O'Keefe, III  
Naval Amphibious Base Little Creek

Capt. C.A. Silvers  
Naval Air Station Oceana

Capt. K.L. Skudin  
WPNSTA Yorktown

Capt. M.A. Hugel  
Norfolk Naval Shipyard

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The information in this issue is current at time of publication. Activities, events, and hours of operation are subject to change. If you would like to receive a free copy of Discover MWR through the mail, or you have comments or suggestions, please call 462-7737.

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## Sports and Fitness

### Mid-Atlantic Region

#### **MWR Focuses on Fitness**

In keeping with the Navy's focus on fitness, the Mid-Atlantic region is transforming its fitness facilities in to state-of-the-art fitness centers. A 'Fitness Initiative Plan' has been designed to increase and improve services offered, and already the changes are noticeable.

As part of the Fitness Initiative plan, new exercise equipment is being purchased on an on-going basis. Treadmills, bikes, steppers, cross-trainers, and a variety of strength training equipment have been ordered for the eight regional MWR fitness facilities. "We are really striving to make our centers better," said Suzanne Giersch, MWR regional fitness coordinator. "In addition to buying new equipment, we are also putting in new flooring, plants, pictures, and paintings."

A new fitness team consisting of qualified fitness instructors has been hired to be on staff at each installation. These instructors are on site to design new and innovative fitness programs and services, provide instruction and assistance on equipment, and to help create personalized workout plans for patrons.

Such new services include individual training sessions, incentive programs, group exercising, and fitness assessments. "We are here to help you start, organize, or stay with a fitness program," says Giersch. "Our goal is to help you achieve your goals."

The programs listed below provide just a sample listing what is offered at each installation throughout the Mid-Atlantic region. For a complete listing, please visit the MWR website at [www.nsa-norva.mil](http://www.nsa-norva.mil).



### **Fitness Program Highlights**

#### **Individual Fitness Programs**

##### **Increase Muscle Strength**

Free one-on-one session will help you learn how to add stretching to your strength training program.

##### **Run For Your Life**

Dam Neck active duty. This program is self-paced and designed to encourage you to run/jog on a regular basis.

##### **Other Fitness Programs**

Exercise For Excellence, Blood Pressure/Cholesterol Screening and/or Body Fat Assessment, and Strive to Stride.

##### **Fitness Obstacle Course**

A brand new type of workout, an indoor mini obstacle course! Class meets Mondays and Wednesdays 6:30 a.m. to 7:30 a.m.

##### **300-Pound Club**

Participants receive three attempts to complete a regulation 300-pound bench press lift. Participants who complete the regulation lift receive a free movie pass and their photo on the wall of fame.

##### **Gator Fitness Challenge**

This incentive program only takes one week to complete. Pick up a challenge card, complete the exercises listed and

see if you can answer the questions that go along with the exercises. Answer all questions correctly and receive a free movie pass.

##### **Orientations**

Once you know what exercises you can do, the next step is learning how to use

the equipment. Equipment orientations are available for individuals or groups by appointment. They will cover cardiovascular and circuit training equipment. Schedule an appointment today.

#### **Group Fitness and Incentive Programs**

##### **Body Power**

An alternative to the everyday workout. Strength and cardio training is achieved through the use of alternative equipment. Available from beginner's to advanced fitness levels at 8:30 a.m. to 9:30 a.m. Monday, Wednesday, and Friday.

##### **Orienteering**

Learn how to use a compass and map while completing a fitness run/walk. Classroom is outside so come prepared. Offered 8:30 a.m. to 9 a.m. Monday, Wednesday, and Friday.



##### **"NASCARDIO"**

All you need is two people to form a team. A military I.D. card is required to participate. Three races will be held this year. To get your miles you and your teammate need to do your cardio exercise at the Fitness Center for a minimum of three times a week. For every 15 minutes you workout, you get 10 miles credited. If you or your teammate fails to do your three sessions a week, your team will be deducted 20 miles.



## Runs Offer Something Fun for Everyone

### NAS Oceana 5K

Compete to win some great prizes at NAS Oceana's 5K Run to be held Oct 3 at 11:30 a.m.

The event is free and open to all active duty and DOD civilians. For more information call 433-2049

### MONSTER DASH 5K

Get set for some ghoulish fun on Oct. 31 as NAVSTA Norfolk hosts its annual Monster Dash 5K Run at the M-Area golf course.

The race begins at 11:30 a.m., with a pre-race meeting scheduled for 11:15 a.m. All active duty and dependents, retirees, reservists, and DOD civilians are invited to participate.

There will be male and female divisions: 29 years of age and under, 30 to 37 years of age, 38 to 44 years of age, and 45 years of age and over. Awards will be presented to the top three runners in each race division.

In addition, a "Best Costume" award will be presented, so start thinking about a creative costume to wear.

The race is free and T-shirts will be provided to all pre-registered runners. Food and refreshments will also be served following the race.



During the Monster Dash last year Superman came out of nowhere. Be there to see if this capped crusader makes it again this year!

Pre-registration is recommended. Forms may be picked up at all Naval Station Norfolk base gyms. For more information please call 444-2276.



## More Fitness Programs

### Individual Programs

#### Cardio-Kickboxing

A high-energy cardio/muscle toning workout using the techniques of boxing.

#### Bike America

Choose one of four routes across the United States and track your progress in completing the 24 legs of your journey. Each 30-minute bicycling session, either here on our Lifecycle or on your bike outdoors, gets you one leg closer to Virginia and a fabulous prize.

#### 5-Day Brown Bag Challenge

Pick up a challenge card, complete the exercises listed and see if you can answer the questions that go along

with the exercises. Answer all questions right and receive a water bottle, 15 or more a shoe caddy, and below 15 your picture on the Fitness Wall of Fame.

#### Mini Wellness Lecture

Offered twice per month. The class consists of 10 minutes of wellness topics on decreasing body fat, proper shoes for exercise, walking techniques, and proper exercise.

#### Microfit Fitness Assessment

Get your computerized fitness assessment. Be tested on the five components of fitness and receive your personal exercise prescription. Free for active duty and \$10 for civilians and family members.

### Group Exercise Programs

#### TNT (Tighten and Tone)

Thirty minutes of muscle endurance using weighted body bars and free weights, resulting in total body sculpting.

#### Jump, Jab, and Abs

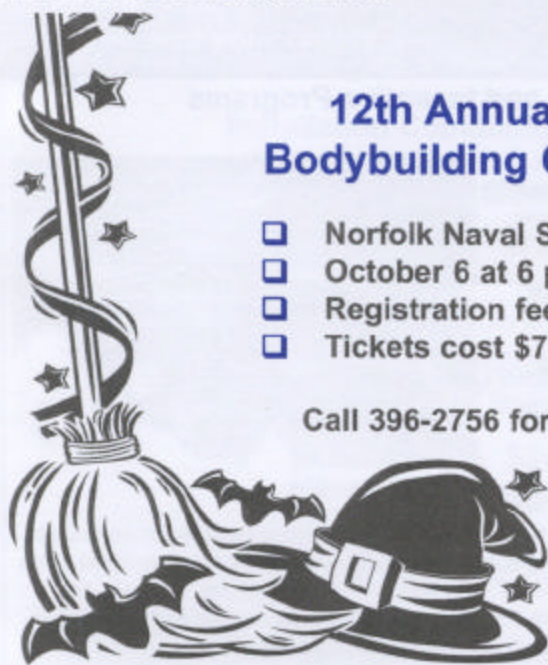
A great aerobic workout incorporating shadow boxing, jump roping, and an abs burning workout.

Call your local fitness center to find out more information about the programs offered.

## 12th Annual All-Military Bodybuilding Championships

- ☐ Norfolk Naval Shipyard
- ☐ October 6 at 6 p.m.
- ☐ Registration fee \$30 before Sept. 15
- ☐ Tickets cost \$7

Call 396-2756 for more information







# Liberty Program and Enlisted Recreation Centers

## Norfolk Naval Shipyard Opens the Navy's Newest Single Sailor Center

"A little teamwork goes a long way" is just the case at Norfolk Naval Shipyard. On Aug. 2, a 5,000 square-foot recreation-dining facility was opened due to the collaborative efforts of MWR and the Cooperative (Co-Op) Association on base.

Known as the "Rusty Anchor," this new state-of-the-art facility features nine computer stations with Internet access, a 24-seat movie theater equipped with surround sound, Sony Playstation area, pool tables, amusement machines, television area with satellite and Direct TV, and a Co-Op Eatery serving breakfast, lunch, and dinner.

"It feels like home," said MM3 Risano of the USS Saipan. "The food is great and they make the best reuben sandwiches."



The association had previously operated the Rusty Anchor as a food and beverage facility serving breakfast and lunch. However, there was a dire need for a place for shipboard Sailors to go. That's when this unique type of partnership idea came about.

"The Co-Op let us partner with them by offering their facility for us to use in addition to their food and beverage operation," said Jennifer Scott, Norfolk Naval Shipyard recreation director. "We are grateful and excited about providing more recreational opportunities to Sailors."

Located on the waterfront and easily accessible to the controlled industrial area, the center provides a convenient

place to go. "This is great," said EM2(SW) Davis of Shipboard Intermediate Maintenance Activity. "Before, when the ships came in there wasn't anything to do except try and catch a bus to the bowling center. Not a lot of people felt like



walking that far. Now we have a place to hang out. This is especially convenient for the guys on the ships."

Rusty Anchor staff will host daily and nightly movie nights, weekly special events, and monthly trips to area attractions and events. It will be open 365 days a year, providing a place for Sailors to relax, unwind, and have fun.

## It's NBA action...

Norfolk's Liberty program takes you to see the Washington Wizards.

Nov. 3

Philadelphia 76ers

Dec. 1

Orlando Magic

Jan. 15

Antonio Spurs

Jan. 22

Philadelphia 76ers

Feb. 5

Toronto Raptors

Feb. 27

Portland Trailblazers

March 3

Orlando Magic

April 2

Los Angeles Lakers

The cost is \$50, which includes ticket and transportation. Call 444-0981 for more information.



## Single Sailor/Recreation Center Activities

### Dam Neck Oasis Recreation Center

**Free Monday Madness Rockwall:** Oct. 8 from 4 to 6 p.m. outside the galley.

**Free 8-Ball Tournament:** Oct. 9 at 6:30 p.m.

**Free Bouncy Box Competition:** Oct. 10 at 6:30 p.m.

**Free Movie:** Oct. 12 at 8 p.m.

**Free Movie Premiere Weekend:** Oct. 13 and 14.

**Monday Night Wrestling:** 8 p.m.

**Free Movies:** Shown daily at 11 a.m., 3 p.m., 5 p.m. and 7 p.m.

**"Click Here Computer Center:**

Computer time is reasonably priced in 1, 5 or 14-hour increments.

### Naval Station Norfolk Wind and Sea

**Free Cookouts:** On Oct. 10 and 24.

### NAS Oceana Great Escape

**8-Ball Pool Tournament:** Join us at the Great Escape every Wednesday in October, beginning at 7 p.m.

**"So You Think You Can Sing Night"**

Karaoke for the talented and not-so-talented Oct. 18 from 7 to 10 p.m. in the Gold Room.

**Premiere Movie Night:** Every Wednesday at 7 p.m. watch the selection of the best monthly films. Free popcorn also provided.

**Table Tennis Tournament:** Compete to win prizes Oct. 25 at 7 p.m.



## Single Sailor/Recreation Center Activities

### Huntington Hall Generation Rec

#### Columbus Day Adventure Movie

**Marathon:** Oct. 8 at Cinema Lane.

Movies begin at 10 a.m., and we'll have free popcorn and refreshments throughout the day.

#### National Pasta Month Microwave

**Cooking Lesson:** Oct. 10 beginning at 7 p.m. in the USO Lounge.

**Pool Tournament:** Thursday Oct. 11 at 7 p.m.

**Ping Pong Tournament:** Wednesday, October 24 at 7 p.m.

#### Devils Night Bouncy Boxing

**Competition:** Tuesday Oct. 30 at 7 p.m. Entry fee is \$1 and covers mouth guard and refreshments.

#### Halloween Party and Horror Movie

**Marathon:** Oct. 31 in Cinema Lane. Event begins at 7 p.m.

### Norfolk Naval Shipyard Rusty Anchor

**Sony Playstation Challenge:** Join us every Monday at 6 p.m. and compete to win great prizes.

### Spades/Computer Challenge Night:

Every Tuesday at 6 p.m. Free prizes!

**Pool Tournament:** Every Wednesday at 6 p.m.

**Movie Marathon:** Friday nights from 11 a.m. to 10 p.m.

**Karaoke Night:** Saturdays from 7 p.m. to 10 p.m.

**NFL Sunday Ticket:** Free munchies throughout the day. The action starts at 12:30 p.m.

### NAB Little Creek Foc'sle

**WWF Pro Wrestling:** No Mercy shown at the Foc'sle Recreation Center Oct. 21 at 8 p.m.

**8-Ball Pool Tournament:** Rack up the fun at our pool tournament Oct. 15-18 at 4 p.m.

### NWS Yorktown City Limits

**Game Night:** Oct. 16, featuring spades and hearts.

**Karaoke:** Every Thursday at 7:30 p.m.

**DJ:** We have a DJ playing your favorite tunes every Wednesday beginning at 7:30 p.m.



**Weekly Drawings:** Win Halloween treats throughout the month at our weekly snack bar drawings.

**Lunch Available:** Lunch is served Monday through Friday from 10 a.m. to 2 p.m. Specials are offered on Wednesdays.

## October Liberty trips

**4th**  
**Small Arms Qualifications**  
Dam Neck--Earn rifle and pistol ribbons. Bus departs at noon.

**5th**  
**Dinner and a Movie**  
Dam Neck--Free transportation to dinner and a movie at 5 p.m.

**5th**  
**NFL Football-Tennessee Titans vs. Baltimore Ravens**  
Naval Station Norfolk--\$50 ticket and transportation. Bus leaves 7 a.m.

**7th**  
**Explore Jamestown**  
Dam Neck--Free roundtrip transportation provided 9 a.m. to 8 p.m.

**9th**  
**Small Arms Qualifications**  
Naval Station Norfolk--Earn rifle and pistol ribbons.

**11th**  
**Small Arms Qualifications**  
Dam Neck--Earn rifle and pistol ribbons. Bus leaves at noon.

**13th**  
**Paintball**  
Naval Station Norfolk--\$30. Transportation departs at 9 a.m.

**13th**  
**Six Flags America**  
Huntington Hall--\$20 for Single Sailors (E-1 to E-5). Registration deadline Oct. 10.

**14th**  
**Small Arms Qualifications**  
Dam Neck--Earn rifle and pistol ribbons. Bus departs at noon.

**14th**  
**NASCAR Race**  
Naval Station Norfolk and Huntington Hall--Martinsville Speedway

**16th**  
**Small Arms Qualifications**  
Naval Station Norfolk--Earn rifle and pistol ribbons. Transportation departs 4:15 p.m.

**18th**  
**Small Arms Qualifications**  
Dam Neck--Earn rifle and pistol ribbons. Bus departs at noon.

**20th**  
**Atlantic City**  
Naval Station Norfolk--\$45 for roundtrip transportation. Bus departs 7 a.m.

**20th**  
**Dune Hang Gliding**  
Huntington Hall--Outer Banks \$50 for E1-E5 and \$75 for all others. Registration deadline Oct. 16.

**21st**  
**Deep Sea Fishing**  
Naval Station Norfolk--\$35 ticket and transportation. Bus departs at 7:15 a.m.

**23rd**  
**Rifle Qualifications**  
Naval Station Norfolk--\$35 includes transportation. Bus departs at 4:15 p.m.

**25th**  
**Small Arms Qualifications**  
Dam Neck--Earn rifle and pistol ribbons. Bus departs at noon.

**26th**  
**Howl-O-Scream**  
Huntington Hall--Busch Gardens \$25 for E-1 to E-5. Registration deadline Oct. 24.

**30th**  
**Rifle Qualifications**  
Naval Station Norfolk \$35 includes transportation. Bus departs at 4:15 p.m.

**31st**  
**Busch Gardens Trip**  
NAVSTA Norfolk Williamsburg, VA \$30 ticket and transportation. Bus departs 7:15 a.m.





# Youth and CDC

## CDC News

### Scheduled Meetings

#### ► Parent Advisory Board

Dam Neck Annex—There will be a Parent Advisory Board meeting at the Child Development Center, building 202, room 114, on Oct. 17 at 2 p.m.

The advisory board provides a forum for the exchange of information and evaluates the effectiveness of existing policies.

All parents with children enrolled in the CDC are welcome.

### Youth News

#### ► Bowling Event

Norfolk Naval Shipyard—There is a youth bowling outing scheduled from 4 p.m. to 6 p.m. on Oct. 10. The cost is \$2 and includes bowling and a snack.

#### ► Planned Events

Norfolk Naval Shipyard—Teen program has scheduled trips, sporting events, educational programs and life enhancing skills.

Teens interested in participating should call 396-2506.

#### ► Dance Classes Offered

NAS Oceana—Tap, jazz and ballet classes are offered for ages three to adult.

Naval Station Norfolk—Norfolk Crossing is offering dance classes for children age four to teens. Dance styles include pre-ballet, jazz and tap. Classes are held twice a week and the cost is \$42.50 per month. Call for details.

#### ► Teen Program is Back

NAS Oceana—The Teen program will again be offered by the Youth Activities Department. Any teenager, 12 and a half to 18, and still enrolled in high school is welcome to participate.

Open recreational activities will be Monday, Wednesday and Friday evenings for all military teens and their military guests.

## IT'S CREEPY SCARY TIME FOR HALLOWEEN HAPPENINGS

### HALLOWEEN BALL

Norfolk Naval Shipyard—There will be costume contests, carnival games, DJ, munchies, and lots of fun on Oct. 26 from 6 to 9 p.m. The individual cost is \$3 and you must come in costume.

### FAMILY NIGHT

NAS Oceana—It's 'Family Night' time and that means costume contests, games, snacks and the *Great Pumpkin* search on Oct. 27 from 6 p.m. to 8 p.m. For just \$10 per family you can join the fun.

### HOUSE JUDGING CONTEST

NAS Oceana—Who has the scariest house? Well, we're sending out the



Ghost Buster Patrol to find out on Oct. 24. This team of experts will travel through Wadsworth Housing, the Trailer Park, F Avenue and Dam Neck to see where these scary creatures or things are. Call youth activities office to sign up.

### KIDS HALLOWEEN PARTY

Naval Weapons Station Yorktown—Join us for some ghoulish fun presented by the Child Development Center and Youth Activities, call 887-4310 for more info.

## Looking for child care?

If you are looking for child care call the Regional Child Care Resource and Referral Office!

- Free information about military and civilian childcare services for families of active duty, retired military and DoD civilians.
- Computer printout based on family needs like child's age, available hours, and locations in the Norfolk region.
- Information about subsidized rates according to a sliding fee scale for military families.
- Fast convenient service by phone, fax, email, or in person.
- Visit Child Care Resource and Referral on the website: [www.nsa-norva.navy.mil](http://www.nsa-norva.navy.mil) or call 444-0995.

### Career Opportunity!

I'm the Boss!

- It's a way to make money and set your own hours... become a Navy certified Child Development Home Provider!
- Benefits.
  - Toy and equipment lending library
  - Low cost liability insurance.
  - Free training on-site assistance and referrals.
  - USDA meal reimbursement.
  - Subsidy program for children of military families.

Navy certification is now available to civilian family child care providers.





# Golf and Bowling

## COSMIC BOWLING

### "Lights Up" Regional Centers

"Cosmic" bowling, also referred to as "Xtreme" bowling, is sweeping the nation and has hit the Mid-Atlantic region. Unlike traditional bowling, it features pulse-pounding music, glow-in-the-dark balls, pins and lanes, a laser light show and atmospheric fog that provides you with an experience you won't soon forget.

Check out this new craze at any of the following areas:

- **Norfolk Navy Shipyard** features Cosmic Bowling every Saturday night from 8 p.m. to midnight. Cost is \$35 a lane for four hours, or \$2.75 a game.
- **Naval Station Norfolk** offers Xtreme Bowling each Friday night from 8 p.m. to 1 a.m. at bldg. CEP-127. Cost is \$2.25 a game and \$1 for shoe rental. Prizes are also awarded throughout the evening.
- **Dam Neck Seaside Lanes.** On Fridays join us from 11 p.m. to 1 p.m. for Cosmic Rock N' Bowl. Listen to your favorite rock tunes from Rock 300 and win free games with red head pin strikes. Standard Cosmic Bowling is also offered on Saturdays from 1:30 p.m. to 3:30 p.m. and 11 p.m. to 2 a.m.
- **Naval Weapons Station Yorktown.** Join us Friday, Oct. 12, 19, and 26 for Cosmic Bowling from 8 p.m. to 11 p.m.

### Other Bowling Activities

#### Norfolk Naval Shipyard--Twin Pin Bowling Center

No-Tap Tournament - Oct. 7 at 2 p.m.

Bowl Two Games Get One Free - Oct. 13, 27

Parent-Child Bowling Tournament - Join us Oct. 28 at 2:30 p.m. for this fun family event. Cost is \$12 for a parent and a child bowling



two games. Winners will be presented with a bowling bag and ball.

*Fall Leagues*-Come sign up for our Fall League, open to ages 3 and up.

*Three Free Games*-Every Monday, Thursday, and Friday throughout the month the first person to enter the Bowling Center plays their first three games for free!

#### Naval Station Norfolk--Bowling Center P-86

No Tap - Every Saturday night starting at 8 p.m. Entry fee is \$15.

#### Dam Neck Annex

*Pizza Bowl* -- On Wednesdays from 5 p.m. to 11 p.m., for \$15 a lane (maximum of six people per lane) you get two hours of bowling and one large one-topping Parcheezi's pizza.

*Rent-a-Lane* --Monday through Friday, from 1 p.m. to 4 p.m., rent a lane for only \$4 an hour.

*Lunchtime Special* -- Monday through Friday from 10:30 a.m. to 1 p.m. Bowl for only \$1 per game.

## Golf Nears Season End...Plenty of Tournaments

Since the summer heat is a distant past, now is the perfect time to get out and enjoy the ultimate golfing season. Whether it's a tournament, an 18 hole round with friends or just a quick nine after work, it's truly the best time of year for the golfing enthusiast. Remember daylight-saving time doesn't end until Oct. 27, so even if you can't get out to play, stop by after work and spend some time perfecting those skills on the driving range.



### Upcoming Events

#### Golf Tournaments at Aeropines Golf Course

Naval Air Station Oceana's *Aeropines Golf Club Championship* is scheduled for Saturday and Sunday, Oct. 20 and 21. The event is open to men and women with awards given for both low gross and low net. Also, the annual *Turkey Shoot Golf Outing* will be held Tuesday, Nov. 13. This event fills up quickly so make sure to sign up early. Registration begins Tuesday, Oct. 9. Call 433-2866 for details.

#### Columbus Day Golf Tournaments

Columbus Day weekend golf tournaments will be held at Weapons Station Yorktown's *Holly Oaks* golf course on Saturday Oct. 6, and Cheatham Annex's *Deer Cove* Golf Course Monday, Oct. 8.

Both tournaments will be captain's choice format, and are open to all military active duty military, reserve and retired and DoD civilians. Form your own four-member

teams and sign up at the respective pro shops by Thursday before the tournament date.

#### Two-man tournament

A two-man tournament will be held at *Eagle Haven* Golf Course on Oct. 6 and 7. Call 462-8526 for details.



# Naval Station Norfolk boasts largest hobby store

The Crafter Hobby Store at Naval Station Norfolk has a large selection of model trains and Navy ships available, along with a remote control center that features gas power and electric airplanes, cars, trucks, boats, parts, and accessories. For those with an artistic background, you can even find drawing supplies for beginners to experts.

"We have items that you can learn to draw with," emphasized Bernie Duffy, the store's manager. "We carry paint sets, fine artist brushes, supplies, drawing pad artist canvas, paints and pencil sets."

The Crafter store is the only true hobby center in the world," Duffy

mentioned. "You can find your ship or squadron planes in our large selection or special order that hard-to-find model at our express order desk. We can mail special order items anywhere in the world for you."

The store also carries a wide variety of trains for children, from beginner's to advanced sets.

According to Duffy, he has the largest wooden 'Thomas the Tank' engine sets and supplies in the area. "We also carry trains from Lionel, MTH and LGB," Duffy remarked. "And we have them in N, HO, G, and O scale."

This is the time to pick out that special train for under the tree.

Special orders can also be taken for items not in stock. For more information call 444-3846.

**CRAFTECH**

Bring this coupon to the Crafter Hobby Store and receive 10% off any regular priced item in stock.

Offer expires December 1, 2001.

## October is National Car Care Month

The Dam Neck Annex Auto Hobby Shop offers a number of services for your car's needs. They have 12 indoor work bays, nine with lifts; five outdoor work bays; short-term storage for vehicles under maintenance; and a four-bay coin-operated car wash.

Services such as brake drum and rotor resurfacing, battery charging, tire repair, tire rotation, computerized spin wheel balance, oil changing, on-base emergency road service and air conditioning refrigerant service are all provided.

Motor oil, oil filters, brake fluid, RTV sealant, brake cleaner and other common items are available at reasonable prices. Auto parts may be ordered through the shop, and there is a knowledgeable and friendly staff available to advise and assist with customer questions.

Cheatham Annex and Weapons Station Yorktown also maintain excellent facilities. Lifts, tools, and advice are available to help even the amateur mechanic do his or her own maintenance, repair and modifications.

See directory for other hobby shops.

## Use Auto Hobby Shops near you for service

### Special Deals for National Car Care Month

The Auto Hobby Shop at Naval Air Station Oceana has just what you need for National Car Care Month. They have the tools and equipment to maintain and ensure your vehicle is safe and economical to operate.

A friendly and helpful staff is also available to assist and guide you through different projects.

Stop by and check them out!

The following specials are offered during October:

- ◆ **FREE** Car washes from 8 a.m. to 4 p.m. on Saturdays.
- ◆ Half price computer scans on Tuesdays, Wednesdays, and Thursdays.
- ◆ Half price tire balancing.
- ◆ Half price brake drum and rotor turning Monday through Friday.
- ◆ Half price oil change lifts.

For details call the Oceana Auto Hobby Shop at 433-3403.





# Going Clubin'

## MWR Provides Various Catering Services to meet the region's needs

Whether it's a picnic, wedding, change of command, retirement, or hail and farewell, MWR is there to make your event most memorable.

Catering services are available at all the bases in the region, with some being rated as "the finest in the Navy." From pre-planning stages to event execution, they will be sure to cover every minute detail so you can relax and enjoy the special occasion.

In addition to the more 'standard' types of events, they have been known to cater such events as wine tastings, pig roasts, halfway cruise parties, and marriages on the beach.

Furthermore, they pride themselves on outstanding customer service, always going that extra mile. There's a friendly staff to assist every



step of the way, making sure you are satisfied with the quality of service they provide.

It really doesn't really matter what type of function you

## Naval Station Norfolk

Shooters - Hide Tide -  
Puzzles - Players - CPO Club

OUR  
PIER-26

### Wednesday Night Pool Tournaments

Shoot to win a trophy and prize every Wednesday at 6 p.m. in Shooters.

### WWF Pay Per View

Oct. 21

Doors open at noon.

### WWF's No Mercy

Watch your favorite wrestler show "No Mercy" to his opponent in the ring. Giveaways are sponsored by American Amicable Life.

### NFL Monday Night Football

Join my rowdy friends Al Michaels, Dan Fouts and Dennis Miller for Monday Night Football. Enter to win prizes sponsored by USA Discounters.

### Ladies Night Out

Ladies get in free until 10 p.m. Stop by the club to see which night it is. Prizes sponsored by USA Discounters.

### NFL Sunday Ticket

Don't pass this one....watch NFL action every Sunday afternoon at Club Pier 26. Doors open at noon, and great prizes will be given away by Chesbay and USA Discounters.

### Halloween Costume Party

Oct. 31 at 8 p.m. Come in your best costume and win prizes.

### Nightly Disc Jockey

Dance to your favorite music provided by Astro DJ.

## Central catering service available

Club Pier 26 offers catering service for one to 2,000 people.  
Call 440-5483ext. 3009

have in mind to be catered.

If you are looking for excellent food, accompanied by extremely pleasing decorative arrangements, call your MWR catering team.





# ITT Offices

## Motor World

Adults .....	\$19.00
Youth 12 to 15 .....	\$15.75
Child 1 to 11 .....	\$10.50
Park open weekends only during October.	
<b>Adult ticket</b> includes all you can ride at Thrill Zone, Kidz Zone, and Go Karts. Also play Shipwreck Golf and Six Grand Prix Racer Laps. <b>Child ticket</b> includes all you can ride Thrill Zone, Kidz Zone, and Go Karts, and all you can play Shipwreck Golf.	

## Washington, D.C., Tourmobile

Adult .....	\$16.50
Child 3 to 11 .....	\$7.50

## Virginia Air and Space Museum

Adult .....	\$7.00
Child 3 to 11 .....	\$5.75
Double Feature .....	\$8.00

## Colonial Williamsburg

1-Day Adult .....	\$27.00
1-Day Child 6 to 17 .....	\$13.50
Adult Freedom annual .....	\$32.00
Child Freedom 6 to 17 .....	\$16.00

**New! Free parking with all passes.**

## HAT Super Saver

Book of 10 passes .....	\$10.00
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## Six Flags America

Maryland all ages .....	\$20.00
children three and under free	

## Naticus

Adult .....	\$8.00
Child 4 to 12 .....	\$5.75



### KINGS DOMINION

Child 3 to 6 .....	\$24.00
<b>Late Bird Special thru Oct. 7</b>	
Adults .....	\$25.00
Last day of season is Oct. 7	

## Movie Tickets

AMC .....	\$5.25
Regal .....	\$5.25

## Virginia Marine Science Museum

Adult .....	\$11.50
Child 4 to 11 .....	\$9.50
Includes all exhibits plus one I-MAX (3 and under free)	

## Jamestown/Yorktown

Adult .....	\$15.00
Child 6 to 12 .....	\$7.00

## Universal Studios Orlando

1-Day Adult .....	\$44.00
1-Day Child 3 to 9 .....	\$34.25
2-Day Adult .....	\$79.00
2-Day Child 3 to 9 .....	\$62.75

Universal tickets are non-refundable!

## Anheuser-Busch Parks

### Seaworld Florida

Adult .....	\$40.50
Child 3 to 9 .....	\$32.75

## Seaworld California

Adult .....	\$35.25
Child 3 to 11 .....	\$27.00

## Seaworld Texas

Adult .....	\$28.25
Child 3 to 11 .....	\$20.25

## Busch Gardens Florida

Adult .....	\$40.50
Child 3 to 9 .....	\$32.75


## Adventure Island Tampa Bay


Adult .....	\$22.00
Child 3 to 9 .....	\$20.25

## Sesame Place Pennsylvania

All tickets two years and up .....	\$26.75
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**Note:** All prices are subject to change without notice.





<b>6-Day Hopper Plus</b>	
Adult .....	\$262.00
Child 3 to 9 .....	\$210.00
<b>5-Day Hopper Plus</b>	
Adult .....	\$233.50
Child 3 to 9 .....	\$186.25
<b>5-Day Park Hopper</b>	
Adult .....	\$205.25
Child 3 to 9 .....	\$162.00
<b>4-Day Park Hopper</b>	
Adult .....	\$181.50
Child 3 to 9 .....	\$143.75
<b>Pleasure Island</b> .....	\$ 10.00

At Orlando ITT 407-855-0116  
 Shades of Green 1-407-824-3400  
 Reservations only 1-888-593-2242



The creeps come out at night...

## Howl-O-Scream Haunts the Gardens

Something spooky awaits visitors to Busch Gardens Williamsburg this Halloween season. Howl-O-Scream returns to transform the 17-century European-themed park in to a world of thrills, chills, and fun from Oct. 5

through 28.

This year the hours have been expanded and the number of attractions have increased due to its monstrous success in the past. The park will be open Fridays, Saturdays and Sundays, 10 a.m. to 10 p.m.

Some feature attractions include Jack-O-Lanterns coming to life in the village of Killarney, a visit to the ancient temple Pompei, the challenge to escape the fury of the famed volcano Mt. Vesuvius, and a trip aboard the haunted Transylvania Express where were-wolves and vampires lurk in the shadows of the creepy cornfields.

In addition to such haunted attractions, Busch Gardens, Williamsburg will also feature eerie entertainment shows. The resident mad scientist in the Transylvanian castle will conjure up chaos in "Fiends in The Festhaus." A "Dracula on Ice" show is set to take place in the Royal "Malice" Theatre, and at the Palladium a hair-raising talent show of monstrous musical acts will be sure to make you "die" laughing.

All Howl-O-Scream activities are included with paid admission. Not all activities are suitable for young children and parental discretion is advised. For more information visit the Busch Gardens' Web site at [www.howl-o-scream.com](http://www.howl-o-scream.com) or call (757) 253-3350.



Adult .....	\$32.75
Child 3 to 6 .....	\$26.00
Season Pass .....	\$65.00
<b>Busch and Water Country USA</b>	
Combo Pass .....	\$90.25
Last day of season is Oct. 28	



## Regional Outdoor Adventure Center Offers a Variety of Experiences

Come in to the Regional Outdoor Adventure Center to experience outdoor fun. The Navy's



newest and hottest outdoor recreation program is located right here at Dam Neck Annex.

They offer a wide variety of high adventure outdoor recreation experiences including backpacking, kayaking, fishing, mountain biking, rock climbing, white water rafting, skiing, and snowboarding.

Trips are geared toward beginners and are offered to all military affiliated personnel. This adventure team is also prepared to go on the road to deliver programs and classes to all regional

bases. They have a transportable rock wall that is available for area-wide special events.

Equipment such as canoes, kayaks, camping tents, backpacks, stoves, sleeping bags, coolers, fishing rods, mountain bikes, and many other items are also available at the center.

Get the latest information about the center on the internet at <http://www.mwroac.com> or call 492-6565.

### Rock Climbing...Whitewater Rafting in West Virginia

Travel to scenic West Virginia with the Regional Outdoor Adventure center this Columbus Day weekend, Oct 6 through 8, and experience real mountain adventure!

For only \$149, you can experience the thrill of rock climbing in the scenic New River Gorge, and whitewater rafting on the world-renowned Gauley River. The trip departs Oct. 6 at 8:30 a.m. and returns late evening Oct. 8. All gear is provided for camping, rock climbing, and rafting, and transportation is included in the fee.

There will be a pre-trip meeting for all those interested Oct. 2 at 6:30 p.m. Seats are limited, so sign up now!

## Evening Chesapeake Bay Fishing Trip

Don't let this one get away!  
Join us Oct. 20 for a striper fishing trip from 6 p.m. to 10 p.m. Cost is \$50 and includes license, rod and reel rental, bait, tackle and ice.



Check out the Outdoor Adventure Center at  
492-6565.

## Come to Our Camp Sites!

**DAM NECK ANNEX--** Sea Mist Campground features 24 concrete pad sites with water and electric hookups. Located near the beach, the site also has a heated bathhouse with restrooms, showers and laundry facilities. For those with travel trailers or motor homes, there is also a dump station.

Each campsite can be rented for \$13 a day from Oct. 1 through Feb. 28.

**YORKTOWN--**Deer Cove Recreational Vehicle Park is located at Cheatham Annex. This campsite adds meaning to "getting away from it all." It features 19 sites with full hookups, a bathhouse with restrooms, showers, and laundry facilities, and a recreation room with television area.

**LITTLE CREEK--**The Recreational Vehicle Park is available on a first-come, first-serve basis. This park features 45 sites with full hook up, community bathhouse, and laundry facilities. In addition, tent camp sites are also provided for those really wishing to experience the 'outdoors.'



# MWR Facilities

## Aquatics

### Indoor Swimming Pool

Dam Neck Annex .....492-7183  
Bldg. 530, Terrier Ave.  
Monday through Friday lap swim only from 10:30 a.m. to 1 p.m.; Monday through Thursday lap and open swim from 4 p.m. to 8 p.m.; Saturday and Sunday open swim from noon to 6 p.m.

### Liberty Pool

NAB Little Creek .....462-8139  
Bldg. 3610, Gator Blvd  
Pool available for training only.

### Pierside Pool

NAB Little Creek .....462-8280  
Bldg. 1565, Midway St.  
Monday through Friday command swim from 6 a.m. to 11 a.m.; lap swim from 11 a.m. to 1 p.m.; open swim from 1 p.m. to 6 p.m.

### Fleet Recreation Park Indoor Pool

Naval Station Norfolk .....444-2134  
90th St. and Hampton Blvd.  
Monday through Friday lap swim from 6 a.m. to 8 a.m. and 11 a.m. to 6 p.m.  
Saturday lap swim from 8 a.m. to 12 p.m.; Closed Sunday and holidays.

### X-73 Indoor Pool

Naval Station Norfolk .....444-2193  
Bldg. X-73, Maryland Ave.  
Monday through Friday lap swim from 11 a.m. to 1 p.m.; open/lap from 4 p.m. to 8 p.m.; Saturday open/lap from 1 p.m. to 6 p.m.; Sunday and holidays open/lap from 11 a.m. to 3 p.m.

## Boating and Fishing

### Sailing Center

Naval Station Norfolk .....444-2918  
Bldg. LAG-77, Hughes Dr.  
Closed

### Marinas

#### Cove Marina

NAB Little Creek .....462-7140  
Bldg. 1516, Amphibious Dr.  
Monday through Sunday 8 a.m. to 4 p.m.

#### Naval Station Marina

Naval Station Norfolk .....444-2918  
Bldg. LAG-61, Hughes Dr.  
Monday through Friday 8 a.m. to 4 p.m.  
Closed Saturday, Sunday and holidays

## Fishing Activities

### Cheatham Lake, Jones Pond, and Penniman Lake

Cheatham Annex .....887-7418  
Monday through Friday 6 a.m. to 6:30 p.m.; Saturday and Sunday, 7 a.m. to 6:30 p.m. Reservations are required on Saturdays and Sundays and may be made after 1 p.m. on Fridays.

### Supply Pier

Cheatham Annex .....887-7418  
Located at end of Sanda Ave.  
Open 24 hours, 7 days a week.  
Permit may be purchased at Country Store 7 a.m. to 6 p.m.

### Salt Marsh Park

Naval Station Norfolk  
Fishing Pier near Pier 12  
Open 24 hours, no reservations required.

## Bowling Center

### Bowling Center

NAS Oceana .....433-2167  
Bldg. 540  
Monday through Thursday 9:30 a.m. to 11 p.m.; Friday and Saturday 9:30 a.m. to midnight; Sunday 10 a.m. to 11 p.m.

### 11th Frame

NAB Little Creek .....462-7952  
Bldg. 3560  
9 a.m. to midnight, seven days a week.  
Closed Thanksgiving Day, Christmas Eve and Christmas Day.

### Scott Center Strike Zone

NNSY, Portsmouth .....396-3808  
Bldg. 1487  
Monday through Thursday 10:30 a.m. 11 p.m.; Friday 10:30 a.m. to midnight; Saturday 10 a.m. to midnight; Sunday 2 p.m. to 10 p.m.

### Bowling Centers

Naval Station Norfolk  
Bldg. P-86 .....451-0100  
Bldg. CEP-127 .....451-0600  
Monday through Friday 10:30 a.m. to midnight; Saturday noon to midnight; Sunday noon to midnight.

**\*Note:** Centers may close earlier due to slow business.

## Bowling Center

Yorktown .....887-4207  
Bldg. 1976  
Monday 11 a.m. to 8 p.m.; Tuesday and Wednesday 4 p.m. to 9 p.m.; Thursday 11 a.m. to 8 p.m.; Friday 11 a.m. to 11 p.m.; Saturday 3 p.m. to 10 p.m.; Sunday 2 p.m. to 9 p.m.

### Seaside Lanes Bowling Center

Dam Neck Annex .....492-6341  
Bldg. 194  
Monday through Friday 10:30 a.m. to 1 a.m.; Saturday noon to 2 a.m.; Sunday and holidays noon to 11 p.m.

## Bowling Center

NSGA Northwest .....421-8267  
Bldg. 241  
Monday through Friday 11 a.m. to 5 p.m.  
Evenings and weekends by reservations.

## Cabins and Campgrounds

### Recreation Cabins

Cheatham Annex .....887-7224  
Bldg. 284, Chase Ave.

### Jones Pond Campground

Cheatham Annex .....887-7224  
Jones Pond

### RV Park

Cheatham Annex .....887-7224  
Bldg. 284, Chase Ave.

### RV Park and Campground

NAB Little Creek .....462-7282  
Bldg. 3540, Amphibious Dr.

### Sea Mist Campgrounds

Dam Neck Annex .....492-7545  
Regulus Ave. (across from Bldg. 462, Auto Hobby Shop)

## Child Care

### Child Development Center

Dam Neck Annex .....492-8683  
Bldg. 202, Regulus Ave.  
Monday through Friday 6 a.m. to 6 p.m.

### Child Development Center

NAS Oceana .....433-3164  
Bldg. 331, 1798 3rd St.  
Monday through Friday, 6:30 a.m. to 6 p.m.  
Monday through Friday, 6 a.m. to 8 p.m.



# MWR Facilities

## Child Care continued...

### Child Development Center

**NAB Little Creek** .....462-7868  
Bldg. 3364, A St. and 5th St.  
Monday through Friday, 6 a.m. to 5:30 p.m.

### Child Development Center

Naval Station Norfolk .....444-3239  
Bldgs. SDA-332 and 332A Hampton Blvd.  
Monday through Friday, 6 a.m. to 6 p.m.

### Child Development Center

NNSY, Portsmouth .....396-5863  
Bldg. 1510, Andrews St.  
Monday through Friday, 6 a.m. to 6 p.m.

### Child Development Center

NWS Yorktown .....887-4733  
Bldg. 2033, Lebanon Church Rd.  
Monday through Friday, 6 a.m. to 5:30 p.m.

### Child Development Center

NSGA Northwest .....421-8266  
Bldg. 383, Relay Rd.  
Monday through Friday, 6 a.m. to 6 p.m.

### Regional Resource and Referral Office

Naval Station Norfolk .....444-0995  
Bldg C-9.

## Clubs, Restaurants and Snack Bars

### Shifting Sands Beach Club

Dam Neck Annex .....492-6146  
Bldg. 187, Viking Dr.

#### Lunch

Monday through Friday 11 a.m. to 1 p.m.

#### CPO Club

Tuesday through Thursday 3 p.m. to 7 p.m.  
and Friday 11 a.m. to 7 p.m.

#### Sports Club

Thursday 8 p.m. to midnight, Friday &  
Saturday 8 p.m. to 2 a.m.

### Chief Petty Officers' Club

NAB Little Creek .....462-2417  
Bldg. 3620, Hewitt Dr.

#### Lounge

Monday through Saturday 11 a.m. to 11 p.m.;  
Sunday 12 p.m. to 11 p.m.

#### Lunch

Tuesday through Friday 11 a.m. to 1 p.m.

#### Catering Services

Tuesday through Friday 7:30 a.m. to 4 p.m.

### Bingo

Thursday, 7 p.m. and Sunday, 6:30 p.m.

### Foc'sle Recreation Center

NAB Little Creek .....462-3117  
Bldg. 750, Amphibious Dr.  
Thursday, Friday, Saturday and Sunday,  
11 a.m. to 11 p.m.

### Snug Harbor Club

NAB Little Creek .....462-2417  
Bldg. 3056, D St.  
Open for private functions only.

### Chief Petty Officers' Club

NAS Oceana .....433-2637  
Bldg. 430, 1830 3rd St.  
Monday through Thursday 11 a.m. to 10 p.m.,  
Friday 11 a.m. to 1 a.m., closed  
Saturday, Sunday and holidays.

#### Catering Services

Tuesday through Friday 7:30 a.m. to 4 p.m.

### Bingo

Thursday, 7 p.m. and Sunday, 6:30 p.m.

### Officers' Club

NAS Oceana .....428-0036  
Bldg. 460, 906 G Ave.  
Lunch Monday through Friday at 11 a.m.  
Lounge open Monday through Thursday  
11 a.m. to 11 p.m.; Friday 11 a.m. to 1:30 a.m.,  
Saturday and Sunday private parties only.

All you can eat prime rib buffet on Fridays  
6:30 p.m. to 9 p.m.

### Great Escape Snack Bar

NAS Oceana .....433-3197  
Bldg. 430, 1830 3rd St.  
Monday through Friday, 9 a.m. to 11 p.m.;  
Saturday, Sunday and holidays, 11 a.m. to 11 p.m.

### Drydock Club

Norfolk Navy Shipyard .....396-5054  
Building 1461, Andrew St., Scott Center Annex  
Monday through Friday 8 a.m. to 4:30 p.m.

### Bingo

Sunday at 2 p.m. and Tuesday at 7 p.m.

### City Limits Recreation Center Snack Bar

NWS Yorktown .....887-4555  
Bldg. 2006  
Monday through Thursday, 10:30 a.m. to 8:30 p.m.;  
Friday, 10:30 a.m. to 2 p.m.;  
Closed Saturday, Sunday and holidays.

### Holly Oaks Country Club

Cheatham Annex .....887-4272  
Bldg. 58  
Monday through Friday, 7 a.m. to 2:30 p.m.;  
Closed Friday through Sunday and holidays.

### Community Recreation Center Snack Bar

Cheatham Annex .....887-7514  
Bldg. 294, Fourth St.  
Monday through Friday 7 a.m. to 2 p.m.;  
Grill closes a half hour before center.

### Club Pier 26

Naval Station Norfolk .....440-5483  
Bldg. X-360

#### Shooters Lounge & Deli

Monday through Thursday, 3 p.m. to midnight;  
Friday 3 p.m. to 1 a.m.; Saturday 6 p.m. to 1 a.m.;  
Sundays noon to midnight.

#### Players Pub

Monday through Thursday, 3 p.m. to midnight;  
Friday 3 p.m. to 1 a.m.; Saturday 6 p.m. to 1 a.m.;  
Sundays noon to midnight.

#### CPO Club-Topside

Monday through Thursday, 11 a.m. to midnight;  
Friday 11 a.m. to 1 a.m.; Saturday 7 p.m. to 1 a.m.;  
Sundays noon to midnight.

### Breezy Point Officers' Club

Naval Station Norfolk .....444-0773  
Bldg. SP-45, Fifth Ave.  
Ready Room open Thursday and Friday  
2 p.m. to 7 p.m.

### Thimble Shoals Restaurant

Naval Station Norfolk .....445-1831  
Bldg. A-128, Maryland Ave.  
Monday through Friday,  
Breakfast 6:30 a.m. to 8:30 a.m.  
Lunch 11 a.m. to 1 p.m.

#### Lounge

Monday through Sunday, 4:30 p.m. to midnight.

### Club Atlantis

NSA Norfolk .....836-1801  
Bldg. NH-21, Mischer Ave.  
Naval Support Activity  
Monday through Friday  
Breakfast 6:45 a.m. to 9 a.m.  
Lunch 11 a.m. to 1:15 p.m.

#### Lounge

Wednesday and Thursday, 4 p.m. to 8 p.m.  
Friday, 3:30 p.m. to 8 p.m. Closed  
weekends & holidays.



# MWR Facilities

## Clubs, Restaurants and Snack Bars

### A&W Restaurant

Naval Station Norfolk .....451-0100  
Bldg. P-86  
Monday through Thursday, 10:30 a.m. to 11 p.m.; Friday and Saturday, noon to midnight; Sunday and holidays, noon to 11 p.m.

### 67th Street Beach Club

Dam Neck Annex .....425-0251  
67th St. and Oceanfront, Virginia Beach  
Monday through Sunday and holidays, 10 a.m. to 6 p.m.

#### Tiki Bar Open

Sunday 6 p.m. to 9 p.m.  
Catering available.

### Civilian Cafeterias

Naval Station Norfolk .....423-8267  
**Bldg. W-193** Breakfast Monday through Friday, 6 a.m. to 10 a.m.; Lunch 10:30 a.m. to 12:45 p.m.; Sundries until 1 p.m.

**Gilbert St. Cafe**, bldg. N-26, Breakfast Monday through Friday, 6:15 a.m. to 9:45 a.m.; Lunch 11 a.m. to 1 p.m.; Sundries until 1:30 p.m.

**Bldg. W-143** Breakfast Monday through Friday, 6:15 a.m. to 9:45 a.m.; Lunch 11 a.m. to 1:15 p.m.; Sundries until 1:30 p.m.

**Bldg. Z-140** Breakfast Monday through Friday, 5:45 a.m. to 9:30 a.m.; Lunch 10:30 a.m. to 12:30 p.m.

**Bldg. V-53** Breakfast Monday through Friday 6:15 a.m. to 10 a.m.; Lunch 10:30 a.m. to 12:30 p.m.

## Fitness and Sports

### Gymnasium

Cheatham Annex .....887-7453  
Bldg. 235, Fourth St.  
Monday through Friday, 6 a.m. to 9 p.m.  
Saturday and Sunday 9 a.m. to 5 p.m.

### Gymnasium Complex

Dam Neck Annex .....492-6101  
Bldg. 524, Terrier Ave.  
Monday through Friday, 6 a.m. to 8 a.m. and 10 a.m. to 10 p.m.; Weekends and holidays 10 a.m. to 10 p.m.

### Pierside Gymnasium

NAB Little Creek .....462-8280  
Bldg. 1556, Midway St.  
Monday through Friday, 5 a.m. to 6 p.m.

**Rockwell Hall Gymnasium** ...462-7735  
Bldg. 3147, Nider and Gator Blvd.  
Monday through Friday, 5 a.m. to 9 p.m.; Saturday, Sunday and holidays 9 a.m. to 5 p.m.; closed Christmas.

### Sports and Fitness Center

NAS Oceana .....433-2695  
Bldg. 545  
Monday through Friday 5 a.m. to 11 p.m.; Saturday, Sunday and holidays, 8 a.m. to 11 p.m.; Office hours are Monday through Friday, 7:30 a.m. to 4 p.m.

### PRT Center

NAS Oceana .....433-3928  
Bldg. 529, D Ave.  
Monday through Friday, 6 a.m. to 8 p.m.; Saturday, 8 a.m. to 8 p.m.; Sunday and holidays, noon to 8 p.m.

### McCormick Sports Center

...444-4016  
Bldg. CEP-58 Gymnasium, B Ave.  
Monday through Friday, 5:30 a.m. to 8 p.m.; Saturday and Sunday, 10 a.m. to 8 p.m.

### Gymnasium

Naval Station Norfolk .....444-2276  
Bldg. N-24, Gilbert St.  
Monday through Friday, 5:30 a.m. to 8 p.m.; Saturday and Sunday, 10 a.m. to 4 p.m.

### Gymnasium

Naval Station Norfolk .....444-4031  
Bldg. U-40  
Bellinger Ave.  
Monday through Friday, 5:30 a.m. to 8 p.m.; Saturday and Sunday, 10 a.m. to 4 p.m.

### Fitness Complex

NSA Norfolk .....836-1810  
Bldg. NH-30 & NH-42, Blandy Rd. and Mitscher Ave.  
CINCLANTFLT Compound  
Monday through Friday, 5:30 a.m. to 7 p.m.; Weekends, 11 a.m. to 4 p.m. Closed holidays.

### Fitness Center

NNSY, Portsmouth .....396-2770  
Bldg. 310, Cole Ave.  
Monday through Friday, 5 a.m. to 11 p.m.; Saturday, Sunday and holidays, 10 a.m. to 11 p.m.

### The Sports Zone Gymnasium

NWS Yorktown  
Bldg. 2062, Lebanon Church Rd.

Monday through Friday, 5:30 a.m. to 9 p.m.; Saturday and Sunday, 9 a.m. to 5 p.m. Closed holidays.

## Golf Courses

### Holly Oaks Golf Course

NWS Yorktown .....887-4323  
Open daily 8 a.m. to 6 p.m.  
No reservations required.

### Deer Cove Golf Course

Cheatham Annex .....887-7159  
Open daily 8 a.m. to 6 p.m.  
No reservations required.

### Sewells Point Golf Course

Naval Station Norfolk .....444-5572  
Open daily 7 a.m. to dusk.

### Aeropines Golf Club

NAS Oceana .....433-2866  
Open 7 a.m. to sunset.

### Eagle Haven Golf Course

NAB Little Creek .....462-8526  
Open Daily from 7 a.m. to dusk.

## Auto Hobby Shops

### Auto Hobby Shop

Cheatham Annex .....887-7176  
Bldg. 295  
Tuesday to Saturday 8 a.m. to 4:30 p.m.

### Dam Neck Annex

...492-6266  
Bldg. 462, Regulus Ave.  
Tuesday to Friday 9:30 a.m. to 7:30 p.m.  
Saturday and Sunday 9 a.m. to 4:30 p.m.

### NAB Little Creek

...462-7339  
Bldg. 530, Amphibious Dr.  
Wednesday through Friday, 11 a.m. to 7 p.m.; Thursday, noon to 7 p.m.; Saturday and Sunday, 9 a.m. to 5 p.m.

### Naval Station Norfolk

...444-8383  
Bldg. U-115, West D St.  
Wednesday to Friday, 11:30 a.m. to 8 p.m.; Saturday, 9 a.m. to 4:30 p.m.  
Sunday, 9:30 a.m. to 4:30 p.m.

### Auto Hobby Shop

Naval Air Station, Oceana ...433-3403  
Bldg. 543, 891 E. Ave.  
Monday to Friday, 9 a.m. to 8:30 p.m.  
Saturday, 8 a.m. to 10:30 p.m.; Sunday, 10 a.m. to 6:30 p.m.



# MWR Facilities

## Auto Hobby Shops continued...

### Auto Hobby Shop

NAS Oceana .....433-3403  
Bldg. 543, 891 E. Ave.  
Monday to Friday, 9 a.m. to 8:30 p.m.;  
Saturday, 8 a.m. to 10:30 p.m.; Sunday, 10  
a.m. to 6:30 p.m.

### Pit Stop

NNSY, Portsmouth .....396-5871  
Bldg. 1509, Scott Center Annex  
Tuesday to Friday, 9:30 a.m. to 8 p.m.;  
Saturday, 9 a.m. to 5 p.m.

### Auto Hobby Shop

NWS Yorktown .....887-4602  
Bldg. 710  
Tuesday through Friday, 2 p.m. to 8 p.m.;  
Saturday 10 a.m. to 6 p.m.

## Wood Hobby Shops

### Woodshop

NAB Little Creek .....462-7605  
Bldg. 3530, Amphibious Dr.  
Wednesday to Friday, 11 a.m. to 7 p.m.;  
Saturday and Sunday, 9 a.m. to 5 p.m.

### Wood Shop

Naval Station Norfolk Bldg. P-4  
Monday through Thursday noon to 7:30  
p.m.; Friday 10 a.m. to 4:30 p.m.;  
Saturday 9:30 a.m. to 4:30 p.m. Closed  
Sundays and holidays.

### CraftTech Hobby Store

Naval Station Norfolk .....444-3846  
Bldg. P-4, Piersey St. Monday to Thursday,  
10 a.m. to 8 p.m.; Friday, 10 a.m. to 5  
p.m.; Saturday, 9:30 a.m. to 5 p.m. Closed  
Sundays and holidays.

## Horse Stables

### Horse Stables

NAS Oceana .....433-3266  
Oceana Blvd., outside NAS Oceana main  
gate

#### Retail Store

Monday through Friday from 12 p.m. to 5  
p.m.; Saturday and Sunday, 10 a.m. to 5 p.m.  
Pony rides

Thursday and Friday 12 p.m. to 5 p.m.;  
Saturday and Sunday, 10 a.m. to 5 p.m.  
Open riding and lessons by appointment  
only.

### Boarders

24 hours per day, seven days a week.

## Internet Services

### "Click Here" Computer Center

Dam Neck Annex .....492-6806  
Oasis Recreation Center  
Bldg. 524, Terrier Ave.  
Open daily including holidays, 10 a.m. to  
10 p.m.

### Foc'sle Recreation Center

NAB Little Creek .....462-3117  
Bldg. 750, Amphibious Dr.  
Thursday through Monday, 11 a.m. to 11  
p.m.

### Great Escape

NAS Oceana .....433-2453  
Bldg. 430, 1830 3rd St.  
Monday through Friday, 9 a.m. to 11 p.m.;  
Saturday, Sunday and holidays, 11 a.m. to  
11 p.m.

### Wind and Surf Internet Cafe and Resource Center

Naval Station Norfolk .....444-2888  
Bldg. C-9, 9475 Bacon Ave.  
Daily, 10 a.m. to 9 p.m.; holidays, noon to  
8 p.m.

### Resource Center

NWS Yorktown .....847-7859  
Bldg. 705, Shupper Rd.  
Monday through Friday, 7:30 a.m. to 8  
p.m.; Saturday, 9 a.m. to 5:30 p.m.

## Information, Ticket and Tours

### Ticket Office

Cheatham Annex .....887-7418  
Bldg. 130, Sanda Ave..  
Monday through Friday, 6 a.m. to 8 p.m.;  
Saturday and Sunday, 7 a.m. to 5 p.m.

### Dam Neck Annex

Bldg. 524, Terrier Ave..  
Monday to Friday 9 a.m. to 5 p.m.;  
Saturday 8 a.m. to 10 a.m.

### NAB Little Creek

Bldg. 3530, Amphibious Dr.  
Monday to Friday 9 a.m. to 5 p.m.;  
Saturday 9 a.m. to 2 p.m..

### NAS Oceana

Bldg. 430, 1830 3rd St.  
Monday to Thursday, 8 a.m. to 4:30 p.m.;

Friday 8 a.m. to 5:30 p.m.; Saturday 8 a.m.  
to noon.

### Naval Station Norfolk

Bldg. P-4, Piersey St.  
Monday to Friday 9 a.m. to 5 p.m. Closed  
Saturday, Sunday and holidays.

### NSA Norfolk

Bldg. NH-18, Ingram Ave.  
Monday to Friday, 10 a.m. to 2 p.m.

### NNSY, Portsmouth

Bldg. 1559, Andrew St.  
Tuesday to Friday 10 a.m. to 5:30 p.m.;  
Saturday, 9 a.m. to 1 p.m. Closed Sunday  
and Monday.

### NWS Yorktown

Bldg. 705  
Monday to Saturday, 9 a.m. to 5:30 p.m.

## Outdoor Recreation

### Outdoor Recreation

Cheatham Annex .....887-7418  
Reservations .....887-7224  
Country Store, bldg. 130, Sanda Ave.  
Monday to Thursday, 6 a.m. to 7 p.m.;  
Friday to Sunday, 6 a.m. to 8 p.m.

### Outdoor Adventure Center

Dam Neck Annex .....492-6565  
Bldg. 180, Regulus Ave.  
Monday and Tuesday, Thursday and  
Friday, 9:30 a.m. to 6 p.m.;  
Saturday and Sunday, 10 a.m. to 4 p.m.;  
holidays, 10 a.m. to 2 p.m.

### Boat and Camper Rental Center

NAS Oceana .....433-3215  
Bldg. TS1 & TS2, North of back gate on  
London Bridge Rd.  
Monday through Friday, 7:30 a.m. to 4p.m.;  
closed Saturday, Sunday and holidays.

### Lake Bradford Rental Center

NAB Little Creek .....462-7516  
10th & "D" St., bldg. 3021  
Monday, 7:30 a.m. to 4 p.m.; Tuesday  
through Friday, 8 a.m. to 4 p.m.;  
Saturday, 8 a.m. to noon.

### Outback Rentals

NNSY Portsmouth .....396-7442  
Bldg. 343, Andrew St.  
Monday, 6 a.m. to 4:30 p.m.; Tuesday  
to Thursday, 8 a.m. to 4:30 p.m.; Friday, 9  
a.m. to 5:30 p.m.; Saturday, 8 a.m. to 1  
p.m.



# MWR Facilities

## Outdoor Recreation continued...

### Outdoor Recreation

NWS Yorktown .....887-4602  
Bldg. 710, Halstead Rd.  
Tuesday to Friday, 12 p.m. to 8 p.m.;  
Saturday, 10 a.m. to 6 p.m.

### Outdoor Equipment Rentals

Naval Station Norfolk .....444-4388  
Fleet Recreation Park  
Monday, Tuesday, Thursday & Friday, 7  
a.m. to 5 p.m.; Closed Wednesday,  
Saturday, Sunday and holidays.

## Parks and Picnic areas

### Recreation Cabins

Cheatham Annex .....887-7224  
Monday through Friday, 8 a.m. to 4 p.m.

### Picnic Pavilion

Dam Neck Annex .....492-6105  
Bldg. 193 by Seaside Bowling  
Open daily 10 a.m. to 10 p.m. through  
Oct. 31.

### Picnic and Recreation Area

NAS Oceana .....433-3301  
N.W. junction of Oceana Boulevard and  
Princess Anne Rd.  
Sunrise to sunset. Closes Nov. 1.  
Reservations made through the ITT Office.

### Area A and B Picnic Areas

NAB Little Creek .....462-4623  
Bldg. 3625 and 3626, 7th and I St.

### Lake Bradford

NAB Little Creek .....462-4623  
Bldg. 3633, Lake Bradford, D St.

### Lake Bradford Shelter I and II

NAB Little Creek .....462-4623  
D St.  
Monday through Friday 8 a.m. to 4:30  
p.m.

### Breezy Park

Naval Station Norfolk .....444-2536  
Monday through Friday, 10:30 a.m. to sun-  
set; Saturday, Sunday and holidays, noon  
to sunset. Reservations required for  
groups.

### Fleet Recreation Park

Naval Station Norfolk .....444-2536  
90th & Hampton Blvd.  
Monday through Friday, 10:30 a.m. to sun-

set; Saturday, Sunday and holidays, noon  
to sunset. Reservations required for  
groups.

### Salt Marsh Park

Naval Station Norfolk near Pier 12  
Open daily dawn to dusk.  
First-come, first-served basis.

### Lewis/Odenthal Park

NSA Norfolk .....836-1959  
Bldg. NH-54A, Forrestal Dr.  
CINCLANTFLT Compound  
Office: Monday through Friday 7 a.m. to 4  
p.m.; Park: Sunrise to sunset; picnic area  
open 11 a.m. to sunset.

### Picnic Shelters

NNSY, Portsmouth .....396-1776  
Andrew St., Near Scott Center Annex.  
Sunrise to sunset. Reservations required.

## Recreation/Single Sailor Centers

### Cheatham Annex Community Center

Cheatham Annex .....887-7514  
Bldg. 294, 4th St.  
Monday and Friday, 7 a.m. to 2:30 p.m.;  
Tuesday, Wednesday and Thursday, 7  
a.m. to 9 p.m.; Saturday and Sunday 10  
a.m. to 6 p.m.

### Oasis Recreation Center

Dam Neck Annex .....492-6806  
Bldg. 524, Terrier Ave.  
Daily, 10 a.m. to 10 p.m.

### Great Escape

NAS Oceana .....433-2453  
Bldg. 430, 1830 3rd St.  
Monday through Friday, 9 a.m. to 11 p.m.;  
Saturday, Sunday and holidays, 11 a.m. to  
11 p.m.

### Foc'sle Recreation Center

NAB Little Creek .....462-3117  
Bldg. 750, Amphibious Dr.  
Thursday through Monday, 11 a.m. to 11  
p.m.

### Wind & Sea Enlisted Recreation Center

Naval Station Norfolk .....444-4814  
Bldg. C-9, 9475 Bacon Ave.  
Open daily, 10 a.m. to 11 p.m.; holidays  
from noon to 8 p.m.

### City Limits

NWS Yorktown .....847-7886  
Bldg. 2006, Shupper Rd.  
Monday through Thursday, 7:30 a.m. to

midnight; Friday, 7:30 a.m. to 2 p.m.;  
Closed weekends.

## Skeet and Trap

### Oceana Skeet and Trap Range

NAS Oceana .....433-2875  
Potters Rd., Virginia Beach  
Tuesday, Thursday and Friday, 3 p.m. to 8  
p.m.; Wednesday, 3 p.m. to 10 p.m.;  
Monday, Saturday, Sunday and holidays,  
10 a.m. to 7 p.m. Closed Mondays.

## Outside Sources CI Travel

Naval Support Activity .....440-2401  
NNSY .....398-0636  
Portsmouth Naval Hospital ...398-0640  
Naval Station Norfolk .....440-0697  
NAB Little Creek .....464-2392  
NAS Oceana .....422-0487  
Dam Neck Annex .....428-7286

## Main Gate Movies-IO

Showtimes. ....440-1500

## At The Movies

Come watch your favorite  
flicks at NAB Little  
Creek's movie theater for  
only 99 cents!

### Showtimes

**Thursdays**  
7 p.m.

**Fridays**  
7 p.m. and 9 p.m.

**Saturdays**  
1 p.m., 7 p.m. and  
9:15 p.m.

**Sundays**  
4 p.m. and 7 p.m.

**Free kid's matinees**  
always on Saturdays and  
Sundays at 1 p.m.

Call 464-7534



